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Thursday, August 19, 2010

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TurtugAruba: Protect the Aruban Sea Turtles



Four species of sea turtles are found nesting on Aruba of which the Leatherback sea turtle is found Aruba's beaches during the nesting season March – September. TurtugAruba - Aruba's save the sea turtle foundation works hard to protect them and is supported by the different instances

Sea turtles return to their

natal beach in order to nest. They use the earth's magnetic fields to guide them on their long journeys at sea. Sea turtles do not nest every year but rather every 2 – 5 years.

The leatherback sea turtles of Aruba lay about 115 eggs a clutch. The female leatherback will nest 6 to 8 times a season. There is an average of 10 days between nestings.

The eggs incubate for approximately 65 days.

It is estimated that only 1 in 1000 hatchlings survives to maturity. All species of sea turtles are endangered and need your protection.

Photos show leatherback turtle hatchlings on the Eagle Beach as they make their way to the surf.

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US urges 'appropriate steps' on Colombia military accord

WASHINGTON (AFP) - The United States urged Colombia's new government Wednesday to take "appropriate steps" to sustain its relations with Washington after a key bilateral military accord was declared unconstitutional.

State Department spokesman Philip Crowley said the United States was consulting with the government of President Juan Manuel Santos about what it planned to do about the ruling by Colombia's Constitutional Court.

"There can be, you know, actions taken by the executive or by the legislative branch to overcome, you know, the questions that have been raised," Crowley said.

The court ruled that the controversial accord, which gives the US military access to seven Colombian bases, was unconstitutional because it had not been approved by the Colombian Congress.

Tuesday's ruling came as

Santos, who was sworn in to office August 7, has moved to improve tense relations with neighboring Venezuela, which has vehemently opposed the October 2009 military accord as a threat to its leftist government.

Crowley said the United States looks "to the Santos government to take appropriate steps to make sure that we can sustain our bilateral relationship."

Another State Department official, Charles Luoma-Overstreet, told AFP that, in the meantime, the close US-Colombian defense relationship will continue under previously existing agreements.

Washington has responded to Latin American concerns about the bases accord by insisting that it is not aimed at third countries.

It says the agreement, which limits the number of

US military personnel in Colombia to 800 and the number of US civilian contractors to 600, is aimed at fostering bilateral cooperation against drug trafficking, illegal armed groups and terrorism.

At the end of last year, the US Congress approved 46 million dollars to refurbish Colombia's Palanquero base, one of the seven included under the agreement.

But the Congress made clear it was not authorizing the establishment of a permanent US base on Colombian territory.

The United States has provided Colombia, its most important ally in South America, more than six billion dollars in aid over the past decade to combat drug trafficking and leftist guerrillas under a program known as Plan Colombia.

Haiti delays word on whether Wyclef Jean can run for president

PORT-AU-PRINCE (AFP) - Haiti's electoral board decided to push back to August 20 its release of a final list of presidential candidates, a statement released Tuesday said, leaving in doubt for now whether hip-hop star Wyclef Jean can run.

"Due to questions posed regarding some candidates, ... the electoral board has decided to delay until August 20 the release of its final list of presidential candidates," the board said in a statement.

The council had pledged to release the list by Tuesday ahead of the November 28 elections for a successor to President Rene Preval, as Haiti struggles to recover from a devastating January 12 earthquake.

Several of the candidates including Grammy-winning

hip-hop star Jean have had their presidential eligibility requirements questioned at the electoral body.

Jean is one of 34 Haitians who have lined up to run for the presidency, a measure of the office's powerful allure despite the widespread misery and seemingly insurmountable problems worsened by a January 12 earthquake that leveled the capital.

The Grammy-winning former Fugees frontman has little experience in politics but casts his insurgent bid as a chance to save a country brought to its knees by poverty, mismanagement and the earthquake.

But he faces challenges on whether he meets residency requirements after having lived in the United States for years, and about taxes he owes there.

Prince Carlos dies aged 80: Dutch royal house



Princess Irene and Prince Carlos at their wedding

THE HAGUE (AFP) - Prince Carlos Hugo de Bourbon de Parma, whose marriage into the Dutch royal family in 1964 triggered a furore in the Netherlands, has died aged 80, the Dutch royal house said Wednesday.

Carlos, Duke of Parma and Piacenza, died of cancer in Barcelona, Spain on Wednesday morning, the royal press office said in a statement.

Born in Paris on April 8, 1930 to Xavier, Duke of Parma and Duchess Madeleine de Bourbon-Busset, Carlos married Dutch princess Irene at the age of

34.

He was then a pretender to the Spanish throne and a Catholic, two issues that sat uncomfortably with the Protestant Dutch royal house.

Irene gave up her place as second in line to the throne, then occupied by her mother Juliana, to marry Carlos and converted to Catholicism, according to the Telegraaf newspaper.

Juliana followed the wedding on television for fear that the Dutch royal family could be used as propaganda for the Carlist movement, that laid claim to the Spanish throne.

The couple divorced in 1981, shortly after Carlos relinquished his royal aspirations.

His remains will be brought to Noordeinde Palace in The Hague for family members to pay last respects. They will then be flown to Italy for burial in the family crypt in Parma, with a memorial service to follow in Madrid.

Bull rams spectators in Spain, 30 injured

MADRID (AFP) - A bull leapt out of the arena at a bullring in northern Spain Wednesday and charged into a crowd of terrified spectators, injuring some 30 people, Spanish media said.

Spanish television showed dramatic images of screaming spectators, including children, frantically trying to avoid the animal after it hurdled a security barrier that surrounds the arena as well as a fence and clambered up the crowded stands.

Most suffered cuts and bruises or shock, but one man was gored in the back and a 10-year-old boy was being

examined at a hospital in the nearby town of Pamplona after suffering multiple bruises.

Wednesday's incident came amid intense debate in Spain over the centuries-old tradition of bullfighting in Spain.

The northeastern region of Catalonia last month became the first part of mainland Spain to ban the practice.

And in a recent opinion poll, 60 percent of Spaniards said they do not like the spectacle, which ends with the death of the bull from a well-placed sword.

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General music education for children kids 4 to 6 years



Marieke Ladrak, center, with members of the Dixieland CrackerJacks band

In the month of September, Marieke Ladrak will start with a general music education course for children between the ages of 4 and 6. The courses will be at the Da Vinci Academy.

General music education is a good basis for children to learn the different musical aspects. They learn how to develop their rhythm, hearing, expression and make their own instrument. For children between 4 and 6 years, it is too early to teach them how to play an instrument, but for general music education it is the perfect age. The kids learn the musical aspects and are introduced to different musical instruments in a stimulating yet playful environment.

Marieke Ladrak graduated at the Artez conservatory in Holland majoring in contra-bass and bass guitar. She is a first grade music teacher. Additionally she followed a study and graduated at as an orthopaedic music teacher. After that she worked as an independent professional musician. Nine years ago she came to Aruba and started working as music teacher.

On Wednesday, August 25 there will be an informative evening, from 7:00 to 9:00 p.m. at the Da Vinci Acad-

emy. Everyone can talk with the teachers, ask questions and register for the course.

For more information on the general music education course, one may visit the website www.davinci-aruba.com or call at tel. 7376797.

Da Vinci Academy is a new music and art center. The academy offers courses of music, visual art, drama and expression. Its goal is to provide a professional and disciplined, yet fun and supportive atmosphere where students of all levels can succeed. At the academy, they not only to teach "how" but to cultivate the "why," forming a deep appreciation for art. Quality and integrity are the two important points of the academy's philosophy and this reflects in the dynamic team which consists of Armand Simon (piano), Martin Buitenweg (guitar), Marieke Ladrak (AMV- General Music Education), Doodle Sophia (cuarta- 4-string guitar), Nicole Wijnen (singing), Hester Matthijsse (violin), Belinda de Veer (visual art), Danilo Geerman (visual art), Alexandra Bauschat (yoga), Gwendy Sneek (Xpression) and Femke Hooijmaaijers (drama). The academy is situated at Vondellaan 2, next to the Cultural Center.

Dutch police, judiciary to discuss Suriname

THE HAGUE, The Netherlands -- Dutch Justice Minister Ernst Hirsch Ballin said yesterday he will discuss the Netherlands' future relationship with Suriname with police chiefs and the judiciary, following the announcement by Amsterdam chief constable Bernard Welten that joint projects with the Suriname police will be cancelled.

Welten made his comments on Monday and was immediately called to order by Hirsch Ballin, who said only the justice and home affairs ministries could make such a decision. The minister said the Netherlands is seeking a businesslike and close relationship

with Suriname.

That relationship has been cooling for some time. In May, foreign affairs minister Maxime Verhagen said Bouterse would not be allowed in to the Netherlands. The new president was sentenced to jail in the Netherlands for drugs smuggling.

During his inauguration speech last week, Bouterse made it clear he wants to break with Suriname's colonial past and forge contacts with other South American countries.

The Netherlands assists Suriname with the construction of police stations and the training of arresting officers.

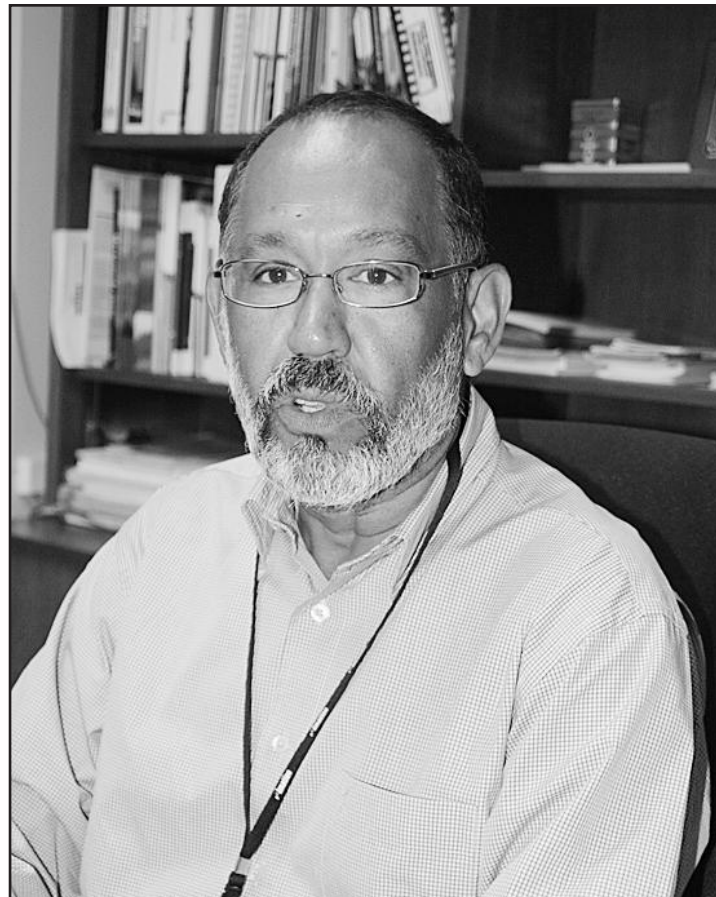
"We have to prepare for the hurricane season," Mr. Donata urges

Hurricane season about to begin in earnest

Yesterday, during a press conference, Chief of the Fire-fighting Department, Jaime Donata, urged the Aruban community to prepare for the hurricane season. Even though the season has already started from June 11, it reaches its peak in mid-September. Mr. Donata urges everyone who has not prepared for the season to do so. Do not wait until the last moment to stand in long lines to get your plywood and other appliances needed. Prepare a survival kit; buy water, dry and other non-perishable goods, flashlights, batteries and candles. Also a first aid kit is advisable.

The Aruba Meteorological Department monitors every movement in the Caribbean. They will give a hurricane watch 48 hours in advance, a hurricane warning 36 hours in advance. At present the Bureau Department of Calamity is giving all sorts of information and help on how to prepare your house in case of a hurricane.

Aruba does not have any shelter, although the Department of Public Works and Firefighting Department under guidance of the Department of Social Affairs and the Aruba Red cross are have 17 buildings on the island in view to see if they can be used as a reception center/or shelter. But, Mr. Donata explains, that the shelters are a temporary solution; they will be overcrowded and noisy. He also advises everyone to prepare their homes for a possible



hurricane and if their house is inadequate, to start making arrangements to stay with a friend or family member.

As for the heat on Aruba, Mr. Donata advises everyone to drink lots of fluids and if necessary stay out of the sun, especially kids and persons with sensitive skin. Use sun blocks or other products to protect your skin against the sun, Mr. Donata added.

The Atlantic Basin remains on track for an active hurricane season, according to an update earlier this month by the National Oceanic and Atmospheric Administration.

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Back to School with Impact



Employees and members of management of Divi Resorts got together under the IMPACT umbrella, to sponsor school supplies for 16 deserving students, taking the decision to help parents with the purchase of school bags and their complete content, then awarding the prepared Back to School gear over lunch at Muligan's Golf Café Bar &

Restaurant.

The young visitors ranging in age from pre-school to middle school enjoyed the restaurant's Hawaiian Pizza, Cheeseburger or Chicken Sate, chased by ice cream for dessert, and gratefully received the generous gifts from the representative of the department of Human Resources.

Maria Geerman-Esguerra,

Director of Human Resources, spent some time educating the students with helpful tips about study and study habits. She also gave a number of important pieces of advice to the parents on hand, making education a joint project for students and parents.

IMPACT is a recently formed organization, the acronym for: Improving Motivating and Providing the Aruban Community Together. "All community service initiatives," explains Tabiths Fecunda, Marketing Manager at The Links, "will be channeled via IMPACT, which will fund-raise among Divi employee family members for a variety of projects.

Divi Resorts, a Chapel Hill, North Carolina Corporation, pledged to match all employee fund-raising efforts, florin to florin, via IMPACT, which is slated to become a not-for-profit local foundation.



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A must see while on Aruba!

Baby Beach



BABY BEACH, is a shallow, sheltered man-made lagoon located in Seroe Colorado, on the southeast end of the island of Aruba, and is frequented by locals and tourists alike. It is named Baby Beach as the water is so calm it is safe for small children. The snorkeling at this location is great for children or travelers new to snorkeling.

The benefits of this beach include the lack of waves and that nearby waters are shallow enough to stand. The water in the deeper areas, as well as around the rest of Aruba, is cool and refreshing year-round. There is a large Valero

oil refinery within sight of Baby Beach. However, because of the direction of local currents, Baby Beach still has very clean, clear water. In the past, Baby Beach's popularity led it to become somewhat littered. However, clean-up programs have largely restored the beach to a pristine condition.

The water level is generally waist high on the inside, but towards the inlet, it deepens significantly. Marine life includes barracuda, squid, parrot fish, blowfish, angel fish, eels, snakes and a lot of other small fish, although the range of most of these animals is limited to the inlet.

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Most US students think Beethoven is a dog

WASHINGTON (AFP) — Most young Americans entering university this year can't write in cursive, think email is too slow, that Beethoven's a dog and Michelangelo a computer virus, according to an annual list compiled by two academics at a US college.

To students who will get their bachelor's degrees in 2014, Czechoslovakia has never existed, Fergie is a pop singer, not a duchess; Clint Eastwood is a sensitive movie director, not Dirty Harry; and John McEnroe stars in TV ads, not on the tennis court, Beloit College's "Mindset" list says.

The Mindset list was first compiled in 1998, for the class of 2002, by Beloit humanities professor Tom McBride and former public affairs director Ron Nief.

It was intended as a reminder to faculty at the university that references quickly become dated, but quickly evolved to become a hugely popular annual list that gives a snapshot of how things have changed, and chronicles key cultural and political events that have shaped a generation.

In the first Mindset list,



McBride and Nief found that youngsters born in 1980 had ever known only one pope - Polish-born John Paul II, who was elected to the papacy in 1978 and died in 2008.

For the class of 2003 -- born in 1981 and featured on the 1999 Mindset list -- Yugoslavia never existed and they were puzzled why Solidarity was sometimes spelled with a capital S.

Solidarity with a capital S was the first and only independent trade union in the Soviet bloc. It was created in 1980 and went on to negotiate in 1989 a peaceful end to

communism in Poland, making the country the first to escape Moscow's grip.

Nief and McBride take a year to put the list together, gathering outside contributions and poring over journals, literary works, and the popular media from the year of the incoming university students' birth.

"Then we present the ideas to every 18-year-old whose attention we can get and we wait for the 'mindset moment' -- the blank stare that comes back at you that makes you realize they have no idea what you're talking about,"



Nief told AFP.

Those moments make it onto the list, alongside interesting historical snippets like the fact that since the class of 2004 was born in 1982, all but one national election in the United States has had a candidate in it named George Bush.

The class of 2004, for instance, "never referred to Russia and China as 'the Reds'", and in the year they were born, 1982, "AIDS was found to have killed 164 people and finding a cure for the new disease was designated a 'top priority' for government-sponsored research."

The class of 2005 -- born in 1983 -- thought of Sarajevo as a war zone, not an Olympic host, and had no idea what carbon paper was.

Apartheid never existed in South Africa for the class of 2006, and for the class of 2007, "Banana Republic has always been a store, not a puppet government in Latin America."

The list makes some people feel old, like those who remember what Michael Jackson looked like when he was singing in the Jackson Five or recall the days when there were only a handful of channels on television.

But they're not the only ones who get the blues over the list.

"There are 25- and 26-year-olds that tell us they feel old when they read the list," Nief said.

"Just two years ago, there were some students who learned to type on a typewriter," but others in the graduating class of 2012 didn't know that IBM had ever made typewriters, said Nief.

Few students in the class of 2009 knew how to tie a tie and most thought Iran and Iraq had never been at war with each other.

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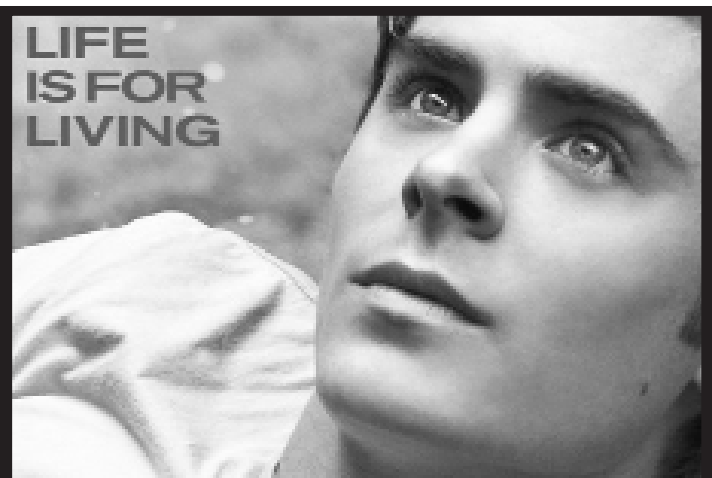
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*The Expendables will start Friday August 13



CHARLIE ST. CLOUD (2010) (DRAMA/ROMANCE) - Accomplished sailor Charlie St. Cloud has the adoration of his mother Claire and his little brother Sam, as well as a college scholarship that will lead him far from his sleepy Pacific Northwest hometown. But his bright future is cut short when a tragedy strikes and takes his dreams with it. After his high-school classmate Tess returns home unexpectedly, Charlie grows torn between honoring a promise he made four years earlier and moving forward with newfound love. And as he finds the courage to let go of the past for good, Charlie discovers the soul most worth saving is his own.

Science/Tech

Trip to Mars could leave crew 'dangerously weak'



PARIS (AFP) - If a human ever sets foot on Mars, will it be a giant step or an exhausted shuffle?

Long-term space flight so weakens fitness that an astronaut heading to the Red Planet may lose up to half the power in key muscles in the course of the mission, scientists have found.

The loss -- equivalent to a crew member aged between 30 and 50 returning home with the muscles of an 80-year-old -- would add a major danger to a trip already laden with peril, they said.

Researchers led by Robert Fitts, a professor of biology at Marquette University in Milwaukee, Wisconsin, took tiny samples of tissue from the calf muscles of nine US and Russian astronauts who spent around six months on the International Space Station (ISS).

The biopsies, taken 45 days before launch and on the day of return, showed dramatically how muscles atrophy in zero gravity.

The losses in fibre mass, force and power translated into a decline of more than 40 percent in the capacity for physical work, Fitts reported.

Ironically, beefing up before the trip had no impact on muscle loss. In fact, crew members who began with the biggest muscles turned out to have the biggest decline in muscle fitness.

Under one NASA scenario, a return trip to Mars using current rocket technology would take around three years, if a one-year stay on the planet is factored in.

If so, the decline in the

most-affected muscles such as the calf could approach 50 percent, said Fitts.

Astronauts would tire faster doing even routine tasks, especially if they donned a space suit, and on returning to terrestrial gravity they could be so weak they might be unable to evacuate their spacecraft quickly in an emergency.

The paper has been published online by The Journal of Physiology, and will appear in print next month.

Muscle loss is a well-researched area in space medicine, but this is the first to include specific analysis of muscle cells on long-duration

missions.

Fitts said the results should not discourage humans from venturing farther into space.

"Manned missions to Mars represent the next frontier, as the Western Hemisphere of our planet was 800 years ago," he said.

"Without exploration, we will stagnate and fail to advance our understanding of the Universe."

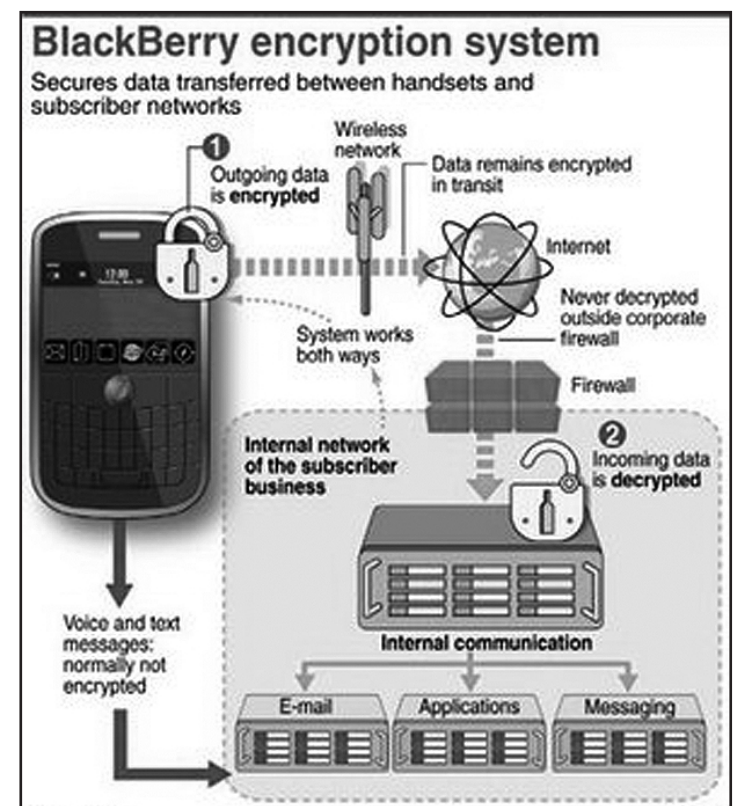
Even so, the findings clearly show the need to improve fitness regimes in space so that astronauts are exposed to high-resistance exercise and the kinds of motions they experience on Earth, he said.

Muscle loss adds to the long list of hazards facing a trip to Mars.

In addition to technical dangers, astronauts face cancer-causing damage to DNA from cosmic radiation, loss of bone density and mental stress from prolonged incarceration.

In June, six men from Europe, Russia and China were locked away in a mock spaceship in a Moscow research institute for a year and a half to simulate a manned mission to Mars.

The 520-day experiment comprises 250 days for the outward trip, 240 days for the return but only 30 days on the Martian surface.



A graphic showing the main elements of the BlackBerry encryption system, which regulators in several countries are unhappy about.

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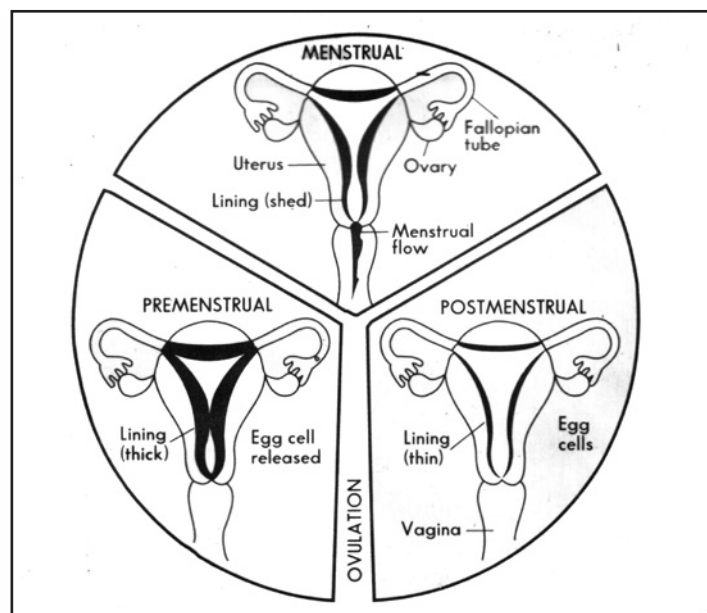
Menstrual cycle affects cholesterol levels

Blood cholesterol levels ebb and flow according to a woman's menstrual cycle, and screening tests should be timed accordingly for the most accurate results, National Institutes of Health researchers report online in *The Journal of Clinical Endocrinology and Metabolism*.

In their study, total cholesterol levels varied by close to 20% over the course of women's cycles, and this was even more pronounced among obese women over 40.

"Cholesterol levels are the highest in the first half of the cycle and then after ovulation, they start to go down," says study researcher Sunni L. Mumford, PhD, of the epidemiology branch of the Eunice Kennedy Shriver National Institute of Child Health and Human Development in Rockville, Md. "Cholesterol testing should be done at the same time of your cycle each month."

Treatment decisions should be based on the most accurate readings.



Estrogen Affects Cholesterol Levels

The researchers measured levels of the female sex hormone estrogen, cholesterol, and other blood fats called triglycerides in 259 healthy women aged 18 and 44. They took as many as 16 measurements from the women over the course of two menstrual cycles. Study participants

also charted their own ovulation using at-home fertility tests.

As the level of estrogen rises, HDL "good" cholesterol increases and peaks at ovulation. Total cholesterol, LDL "bad" cholesterol, and triglycerides dropped as estrogen levels rose. Estrogen is thought to stave off heart disease, which is why a

woman's risk rises after menopause when her natural supply of the hormone diminishes.

High cholesterol levels are a known risk factor for heart disease. Total cholesterol of less than 200 milligrams per deciliter of blood (mg/dL) is considered desirable; cholesterol between 200 and 239 mg/dL is borderline high. Total cholesterol of 240 mg/dL or above is considered high, according to the National Heart, Lung, and Blood Institute.

Just 5% of women consistently had total cholesterol levels greater than 200 mg/dL at all study visits, but cholesterol levels among 19.7% of the women reached 200 mg/dL at least once.

Cholesterol Screening for Women

"We used to give cholesterol screens in the morning when people have fasted, and now we probably need to add another layer and that is knowing where they are in their menstrual cycle," says

Marc Lewis, MD, service chief of the Women's Health Services at Henry Ford Hospital in Detroit. "Not timing cholesterol screening tests with the menstrual cycle may mean that we are overtreating women and increasing their risk of drug side effects and costs for no reason."

The new study is "fascinating and important," says Marianne J. Legato, MD, a professor of clinical medicine at Columbia University College of Physicians and Surgeons in New York City and the founder and director of the Partnership for Women's Health at Columbia University.

"If it is true that cholesterol varies with a woman's menstrual cycle, then treatment decisions should be tailored accordingly," she says. "This is more evidence that we can't use men as the norm when developing cut-off points and standards of care," she says. "We must study women directly."

Discover the Treasures Across the Bridge

Balashi
Pos Chiquito
Savaneta
Cura Cabai
San Nicolas



Entrance to the inner Bay of Spaan Lagoon



The ruins of the gold smelter next to the Spaans Lagoon (Spanish Lagoon) and the Franse Pas (Frenchman's Pas)



One of San Nicolas' main attractions, Charlie's Bar in the mainstreet



Mangel Halto in Savaneta



House on the reef (Savaneta)

Crossing the Balashi Bridge to San Nicolas, you will find the Spaans Lagoon (Spanish Lagoon).

The Spaans Lagoon is the only inner bay in Aruba, resulting from rising sea levels after the last ice age. Spaans Lagoon is connected with the sea, but it is partially separated by a low-lying bridge. Located off the mouth of the lagoon there are several island keys, which together with the Spaans Lagoon area form a large natural ecological system.

Spaans Lagoon is a reef-protected area. The beach is accessed through the mangrove trees in Mangel Halto, on the east side of the island. It boasts

shallow waters and fine white sand. It's also an excellent spot to have a picnic lunch.

It is one of three Blue Flag beaches developing on the island. There is a gentle sandy entry to the water that is great for children and adults. Beginning scuba divers will love it and the snorkeling is excellent. It is also a wonderful area for kayaking. The Spaans Lagoon area flows into the village of **Pos Chiquito**.

Savaneta is a fishing village in southeastern Aruba. Home to the oldest surviving home in Aruba, it is the oldest town on that island and former capital. It was where the Dutch first settled after they recap-

tured it in 1816. It is said that Savaneta name became during the Spanish colonization in 1840. Savaneta means Sabana chikito (small savannah).

Heading east to San Nicolas you will encounter **Cura Cabai** located along the west coast of the island.

Driving further you will find Aruba's second largest city, **San Nicolas**, with the majority of residents originally hailing from the British Caribbean. The development of the city is undeniably linked to the oil refinery, the presence of which often stands in sharp contrast to the modest houses of the area and the picturesque beach spots

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Waldy posing with Nelson Mandela

This year the versatile Surinam-born artist Waldy Simson is active as an artist for exactly 20 years. Simson began in The Hague, The Netherlands, in 1988 writing

poetry and texts for music. His first poem titled Sranan was published in an edition of the Weekly Suriname which came out in October 1991 in the Netherlands.



Suzy, a beauty in captivity

“Suzy, a beauty in Captivity”: another beautiful piece by Waldy

Regarding the visual arts, Simson who also works with paper and besides that practices the art of ceramics, tiffany and painting, has participated for the first time in a group exhibition in the Borger shopping-center in the Netherlands in 1993.

After he had provided exhibitions in the town hall of Norg in Utrecht and in the Museum of Veenhuizen, the first book written by Simson, *Liederen en gedichten van Simson*, was also published in the Netherlands on February 8th 1995.

On February 14th 1997 Simson introduced the tiffany art in Surinam by way of the exhibition Efraim held in the Museum of Surinam.

After having provided several exhibitions in Surinam, Aruba, Bonaire and Jamaica, Simson was invited to present an exhibition in the Nelson Mandela National Museum in South Africa, as a part of the festivities surrounding the ninetieth birthday of the freedom fighter Nelson Mandela. Simson, who met Nelson Mandela on July 21st 2008 in Qunu, South Africa, has also introduced the tiffany art there, under very good international public interest. The tiffany work of art Amandla which he created were then included in the collection of artworks of the Nelson Mandela National Museum.

On November 8th 2009 the second book by Simson was published in Oranjestad, Aruba: *Nieuwe pennenvruchten van Simson*. The book contains among others things: poetry, music, “Simson, an autodidact in the arts part 2”, photos of artworks made by Simson and that have become part of important international collections and a wordlist Surinamese-Dutch. This book is once again available, at a reduced price, as a part of Simson’s twentieth anniversary as an artist.

Simson has also participated in fundraising activities



“Women” : Waldy used 186 pieces of glass to create this work of art, his biggest piece ever

for Haiti which has been seriously affected by an earthquake. The poem that he dedicated to Haïti, titled 12 Januari 2010 in the Dutch language has also been translated into Papiamentu, English and French and has been published including in the form of postcards.

Simson extends a word of thanks to everyone who in whatever form has positively contributed in him being able to actively function as an artist in the last twenty years.

As a gift to all. The DVD *Hope* can be viewed via the internetsite YouTube (YouTube»Waldy Simson»Waldy Simson – Hope). *Hope* has been compiled based on images created by Waldy Simson in South Africa.

In addition Simson will award several of his artworks as prizes for those who answer the four below stated questions correctly and send

in their answers noting their names, address, telephone number and e-mail address no later than coming August 30th to: waldysimson@hotmail.com or by mail to: Kaas Ariba 28 F/ Santa Cruz – Aruba. The results of the contest will be made known around September 10th.

Questions:

- 1) Mention five forms of art that are used by Waldy Simson.
- 2) Which freedom fighter did Waldy Simson meet on July 21st 2008 in Qunu, South Africa?
- 3) What is the name of the tiffany work of art created by Waldy Simson that forms part of the collection of artworks of the Nelson Mandela National Museum?
- 4) What is the title of the recently published book written by Waldy Simson?

COMICS

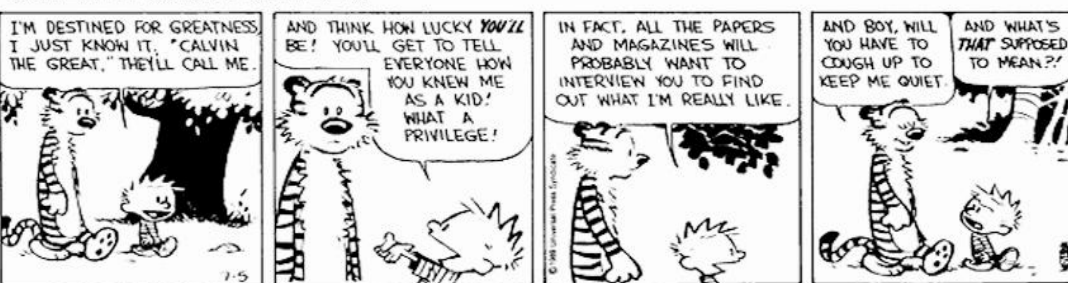
PICKLES



MOMMA



CALVIN and HOBBS



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ACROSS

1. Diving bird
6. Lobster claw
11. Dull finish
16. Potentate
17. Marsh bird
18. Greek marketplace
19. Beautiful floor covering; 2 wds.
21. Flower of forgetfulness
22. Convened
23. That fellow
24. Fate
26. Expert
27. Like a reed
30. Walk
32. Escaped
33. Native mineral
34. Even score
35. Poker holding
37. Singer Cline

DOWN

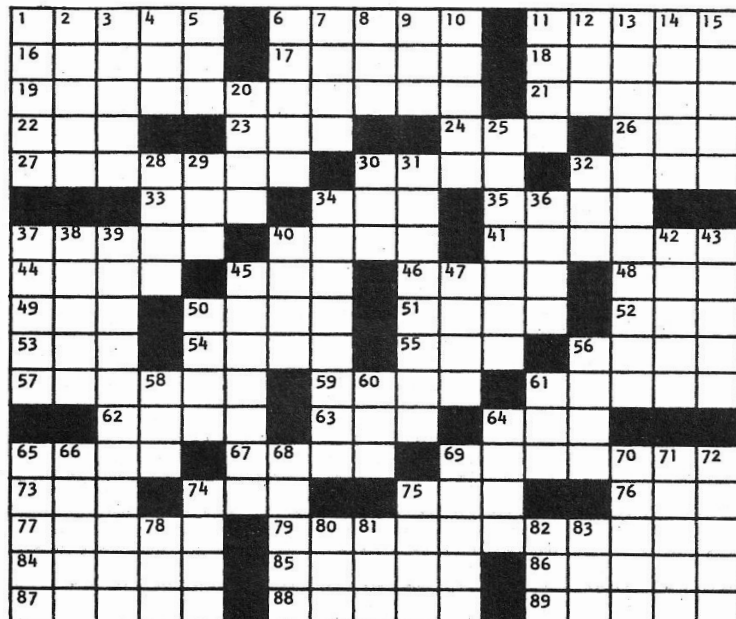
40. Dilemma feature
41. Invoke as witness
44. "Breaking ____" (film)
45. Beaver project
46. Otherwise
48. Bill's partner
49. "The ____ Who Took the West"
50. Josip Broz
51. Encounter
52. Cotton State; abbr.
53. Sooner than
54. Finished
55. Finish
56. Skidded
57. Legislative body
59. Litter's littlest
61. Sun Valley mountain
62. Row of seats

63. Make a choice
64. Pod tenant
65. Ship's pole
67. Embroiders
69. Exhausting routine; 2 wds.
73. Numbers person; abbr.
74. Sargasso, e.g.
75. Gratuity
76. Ms. Farrow
77. Urban veranda
79. Aerial acrobats
84. Finnish steam bath
85. Interweave
86. Small weight
87. Fragrant compound
88. Obeys
89. Military award

DOWN

1. Michael of "Family Ties"
2. Of the country
3. Type size

4. Spelling or quilting
5. Sea eagle
6. Head the meeting
7. Skipper's post
8. Be mistaken
9. Baseball's Brock
10. Fish
11. Beer ingredient
12. In the past
13. Photographic memory; 2 wds.
14. Temporary peace
15. Relaxed
20. "Of ____ I Sing"
25. Against
28. Inquisitive
29. Prohibitionist word
30. Dubbed one's title
31. Dwelling house
32. In shape
34. Procrastinator's word
36. Encourage
37. Calls on the P.A. system
38. Cognizant
39. Hollywood recruiter; 2 wds.
40. Detest
42. Firm
43. Sycophant
45. Various
47. Last period
50. Lug
56. Franco-German river
58. Thames islet
60. High times
61. Wager
64. Hemingway sobriquet
65. Billiards shot
66. Represent; 2 wds.
68. "The Good ____"
69. Emulates Cordero
70. Make corrections
71. About
72. Artist's stand
74. Practice boxing
75. Take care of
78. Dollar bill
80. Be indebted
81. Pastry
82. ____ de plume
83. Signal



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 Alzheimer's Day
 Care Center
 Tel: 5696910

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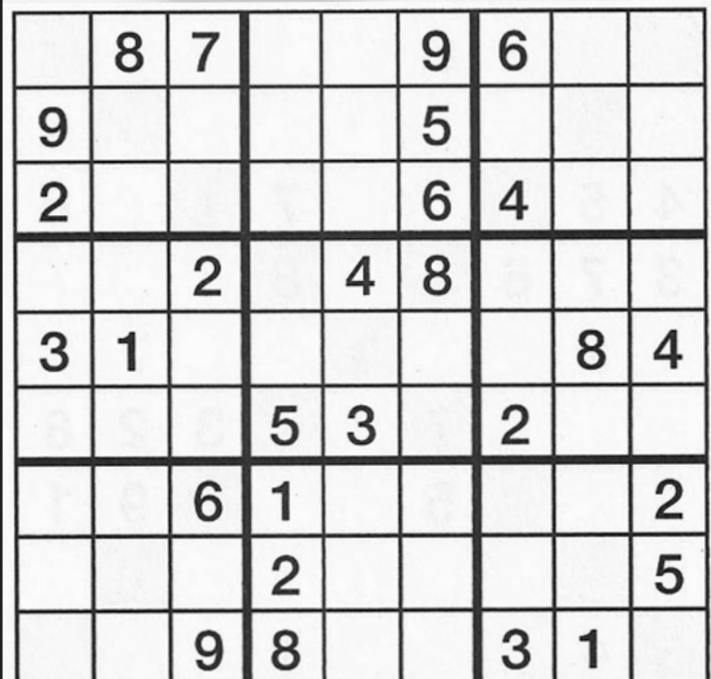
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Sudoku



SOLUTION

5	8	7	4	1	9	6	2	3
9	6	4	3	2	5	1	7	8
2	3	1	7	8	6	4	5	9
6	7	2	9	4	8	5	3	1
3	1	5	6	7	2	9	8	4
4	9	8	5	3	1	2	6	7
8	5	6	1	9	3	7	4	2
1	4	3	2	6	7	8	9	5
7	2	9	8	5	4	3	1	6

Complete the grid so that every row and every column contains the numbers 1 through 9
 A number is Never repeated in a row or column.
 In addition every rectangle must contain the numbers 1 through 9

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YESTERDAY'S Crossword Answer

PUZZLE 51

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A	P	E	G	I	L	I	A	A	S	E	A	T	I	R
H	A	V	E	A	F	I	N	G	E	R	I	N	T	H
S	H	E	R	I	F	O	A	T	S	T	A	L	E	S
I	L	E	L	U	T	E	S	E	L	L				
T	A	P	A	R	O	U	T	E	S	T	R	E	A	K
A	R	A		H	E	L	P	I	N	G	H	A	N	D
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I	L	L	E		W	A	S	T	E		P	E	A	K
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M	O	T	E		B	A	N	D		F	O	E	S	
P	A	R		H	A	N	D	I	N	G	L	O	V	E
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Global talks to check high jobless rate

WASHINGTON (AFP) - A high-level international conference will be held next month to discuss new strategies to check the steep rise in unemployment resulting from the global economic crisis, the IMF said yesterday.

The conference to be chaired by the heads of the International Monetary Fund (IMF) and the International Labour Organization (ILO) will be hosted by Norway's Prime Minister Jens Stoltenberg in Oslo on September 13.

The meeting to be attended by government, labour and

private sector leaders as well as prominent academics would "explore new ways of forging a sustainable, job-rich recovery from the global economic crisis," a statement from the Washington-based IMF said.

The conference on "the challenges of growth, employment and social cohesion" will be "the first of its kind," the statement said.

It is being held as the outlook for global employment continues to worsen in the wake of the "Great Recession," brought on by the financial crisis of 2008.

According to ILO esti-

How to get a ton of glowing testimonials for your customers for free

And what to do with them to generate bigger profit

by Ken Varga



Hi, I am Ken Varga. I want to share with you some of the ideas, strategies, and principles that allowed me to build 35 businesses during my career.

By earnestly applying the ideas, you will learn how you too can build your business to success, while living an unhurried life, filled with family, friends, fun and a relaxed attitude.

Hi again, and welcome.

Two questions I received this week had to do with getting testimonials and creating back ends. So let's talk about those.

The key to getting testimonials is to just ask for them. That's right. Just ask for them.

Many of your customers will be happy to give them to you.

There are many ways to go about getting testimonials, but here's a short list of ideas for obtaining them.

1. Include a short questionnaire asking for comments with any product you deliver. You can do this at the point of sale, or you can do this with a follow-up letter that you mail to them.

2. Do a survey of your customers and offer a free gift to anyone who helps.

3. When you communicate with your customers, tell

them that you're looking for stories about your product or business.

4. When you talk to customers on the phone or face-to-face, ask for testimonials.

But this is so important that I can't stress this statement enough.

These testimonials are worthless if you don't use them. So immediately put them to work:

1. The best testimonials are those that are very specific. "I earned an extra \$10,000 last year with your sales software system." Is a lot better than "I earned more money last year with your system."

2. Use these testimonials liberally in all your advertising. They are the proof of your claims and establish credibility. They also show that real people use your product and like it. In your advertising use the testimonials to back up one of your claims.

For example: If you claim that your product will save executives many hours of wasted time, back it up with a specific statement from one of your customers:

"You will save many hours of wasted time with the Brand X product."

Or

"As John Doe of XXX Corp says, 'Last year Brand X saved me at least one hour per day in wasted time. That's more than 20 hours each month.'"

3. Last but not least, you must get permission to use the full name and city of your testimonials. I've learned so much by testing testimonials that I now use the person's full name, city, and state and phone number. But you must make sure that you get written per-

mission before using any testimonials.

Now for back end...

How about this for a headline?

"Why your 'back end' may be 1,000 times more profitable than your initial sale...and what to do to take advantage of it now!"

That statement should make you salivate.

A back end is what you sell to a customer following the initial sale to that customer.

You should keep a database with the name of every person who buys or who makes an inquiry to you. Then you must sell them all kinds of related products, services or upgrades.

Here's an example:

Real estate agents could make deals with painters, wall-paper hangers, yard services, landscapers, carpenters, plumbers, etc.

Another option for you is that if you don't want to sell the related products, you can make a deal with a company that does. In exchange for a piece of the action, you'll supply them with the names of your customers. Don't be bashful. 50% of a profit is not unreasonable in many cases. Keep in mind that they're getting business they wouldn't otherwise have gotten.

The key to success in reselling your customers is the fact that you don't need to make a big profit on your initial sale.

If each customer is worth, let's say, \$1,000 in profit to you in the long run, you could afford to lose almost that on the first sale, just to get them as a customer. Otherwise, you may be throwing away thousands upon thousands of dollars in lost profit because you refused to take a loss on the initial sale.

Rework your existing customers again and again. Spend as much time on them as you do on prospecting. They are your best source of business because they already have a relationship with you. They know who you are. People who are not existing customers don't know who you are yet, so again, rework your existing customers over and over, again and again.

To your success,

Ken Varga

Ph: 888-682-2596;

Fax: 888-682-2597

Email: ken@kenvarga.com

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mates, global unemployment in 2010 hovered at some 210 million people, an increase of 34 million since the eve of the crisis in 2007.

The conference will discuss "near-term policy responses to the steep rise in unemployment as well as ways to promote sustainable growth and development," the statement said.

"We need the right policies to ensure a sustainable, job-rich recovery," Stoltenberg said in the statement.

"The Oslo conference offers an arena for key policy makers and experts to explore ways to

improve the quality of life and work for the millions of people affected by the financial crisis," Stoltenberg said.

Among those named to attend the meeting are Liberian President Ellen Johnson Sirleaf, Greek Prime Minister George Papandreou, Spanish Prime Minister Jose Luis Rodriguez Zapatero, French Finance Minister Christine Lagarde and British Work and Pensions Secretary Iain Duncan Smith.

International Trade Union Confederation General Secretary Sharan Burrow is also expected to attend.

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Linda's Pancakes and Pizza place, delicious meals for breakfast, lunch and dinner



Plain Pancake

Linda's Pancake and Pizza place, located at Palm Beach 6D, Noord (on the right side of Valero gas station) offers patrons the most delicious Dutch pancakes and pizza's with a Dutch twist.

Open from 8 a.m. to 10 p.m., and only five minutes away from the high-rise resorts, Linda's is the perfect eatery for the whole family.

Seeing the popularity of this quaint small eatery, THE MORNING NEWS decided it was time to find out just

pizza is just mmm... good. The saté... out of this world!"

Besides the original plain pancake, Linda's specialty is pancakes with walnuts, Brie and honey; pancakes with banana and mango or a Dutch favorite: pancake with apple and bacon.

All their pizzas are made with Dutch Gouda cheese and different toppings making it richer in taste.

When it comes to saté, one has to say that the secret is in



Olgita, Ilhan and Iyanla enjoying a scrumptious meal

how good Linda's really is, by sending out a team of taste testers.

Olgita, joined by her two kids ordered a little of everything while the kids roamed around freely, enjoying the afternoon.

The meal started out with Linda's original plain - to die for - Dutch pancakes, followed by pizza, where instead of using mozzarella Linda has created a unique twist to the traditional Italian dish by using Dutch Gouda cheese. Adding a local favorite which could not stay off the table they also sampled the delicious saté (chicken, pork or beef on a wooden skewer) with peanut sauce (Indonesian influence on local food). For the finish the team (adults only) had one cup of Linda's delicious Espresso.

The team had this to say: "Superb! There are no words to describe just how delicious the pancakes are and the

the sauce. Not everybody can make that perfect peanut sauce, but Linda, being an expert in the kitchen has cooked up one of the finest peanut sauces on the island, making this original Indonesian dish extra special.

If you want a specially prepared pancake or pizza, Linda is right there -- just for you -- in her kitchen.

"For those who are allergic to gluten I have a special pancake mix, gluten free," Linda stated to THE MORNING NEWS team.

Linda's Pancakes and Pizza also offers fried eggs and homemade soups.

"We also serve American coffee," Linda concluded.

With a complete menu, filled with delicious pancakes, pizzas and more, Linda's pancake and Pizza place is the perfect casual restaurant for all in the family.

For more information contact Linda's at 586-3378.

Flood-hit Pakistan faces economic catastrophe



A family survey damage to their flood affected home.



A family rescued from rising waters by Pakistan Navy personnel travel by boat over what used to be an agricultural field and is now covered by flood waters.

KARACHI, Pakistan (AFP) — Pakistan faces economic catastrophe after the devastating floods that have wiped out farmland and ruined infrastructure, with feared losses of billions of dollars likely to set back growth by years.

The country's worst ever humanitarian disaster has ravaged an area roughly the size of England, affected 20 million people, exacerbated a crippling energy crisis and raising fears of social unrest.

"It seems we're doomed to walking through a dark tunnel. We're on an unending path of misery," said Morio Pahore, a farmer from small town Thul in southern Pakistan who is now living in a tent on a highway.

Shirtless, his face burnt dark by the sun, the greying 50-year-old said he lost everything when the rains fell and the river burst its banks.

"We had goats and buffalo and a wooden hut. We had grain to eat. The river ate everything, leaving the whole family hungry and empty-handed.

"I don't think we can start again for many years. Everything is under water and even if the river recedes, the water will be there for a long time."

It is a tragedy repeated millions of times over for farmers and peasants across the country who saw their livelihoods washed away in minutes after the floods first hit three weeks ago.

Agriculture accounts for 20 percent of Pakistan's gross domestic product. President Asif Ali Zardari said it would take two years to provide farmers with crops, fertilizers, seeds and food. Experts say it will take far longer.

On top of that, floods have inflicted widespread damage on infrastructure. In cities, flood waters have destroyed electricity installations, roads and phone lines.

The World Bank, which has announced a 900 million dollar loan for Pakistan, expects the economic impact to be huge, indicating that direct damage was greatest in housing, roads, irrigation and agriculture.

It estimated crop loss at one billion dollars, saying the full impact on soil erosion and agriculture could only be assessed when the water recedes around mid-September.

"We have lost around 20 percent of our cotton crops. The destruction of corn, rice, sugarcane, vegetable crops and

fish farms are enormous as well," Ibrahim Mughal, who heads the independent Agri Forum organisation, told AFP.

Damage to cotton, rice, sugarcane and maize will hit the export sector, the main source for Pakistan's forex reserves. Textiles and agriculture account for about three quarters of Pakistan's 21 billion dollar export target this year.

"The floods have eaten three million tons of cotton -- over 20 percent of our 14 million bales for this year. It will negatively affect by 25 percent large-scale manufacturing and ultimately impact on exports," Ashfaq Hasan Khan, a former government economic adviser, told AFP.

There are fears that Pakistan risks running up a higher fiscal deficit which would lead to increased government borrowing.

Before the floods, the country had a healthy forex reserve of 16.45 billion dollars, thanks to a 11.3 billion dollar IMF rescue package meant to stave off Pakistan's worst balance of payment crisis and 30-year-high inflation in 2008.

After recording its lowest growth in a decade, GDP had been expected to grow by 4.5 percent in the fiscal year ending June 30, 2011, but the floods could shave at least one percent off growth estimates. Food prices are already rising and there are fuel shortages in some areas.

The director general of the Pakistan Electric Power Company, Muhammad Khalid, told AFP they faced losses of more than four billion rupees (47 million dollars) due to the floods with some grid stations wiped out.

Around 1,000 villages in flood-hit districts of southern Punjab are without power, said Jamshaid Niazi, spokesman for Multan Electricity Supply Company.

"The loss is huge. We have to install new poles, wires, feeders etc."

Experts have urged the government -- already weak and unpopular -- to move quickly, warning that the losses could fan unemployment and social unrest.

"The peasants are our lifeline, so by not helping them we are in fact committing suicide," Agri Forum's Mughal said.

"Jobless people can become criminals if they can't get employment. In this case the number of such people is in the millions."

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Sept 11 anniversary set for Muslim center marches



A proposed site for a mosque two blocks from Ground Zero in lower Manhattan is seen May 25, 2010 in New York City. The plan to rebuild the 15-story building -- which is so close to the site of the Sept. 11 terrorist attacks that debris from one of the hijacked planes smashed through its roof -- into a \$100 million mosque is surrounded by controversy,

NEW YORK CITY — Opponents and supporters of a planned Muslim cultural center and mosque near the site of New York's World Trade Center will mark the ninth anniversary of the Sept 11 attacks with dueling events.

A national debate has erupted over whether the Muslim center should be constructed two blocks from the site of the 2001 attacks by al Qaeda which destroyed the World Trade Center towers and killed close to 3,000 people.

The group Stop Islamization of America will hold an afternoon rally in lower Manhattan on the anniversary following the annual memorial service honoring victims of the attacks.

The group said the list of speakers would include former House Speaker Newt Gingrich, former U.N. Ambassador John Bolton, Dutch

Parliamentarian Geert Wilders and family members of those killed on 9/11.

Muslim and Arab-American groups will meet later this week to discuss how to mark the anniversary, which could coincide with the Muslim holiday marking the end of the holy month of Ramadan, Eid al-Fitr.



Kerr stakes claim on top ranking as LPGA returns to US



NORTH PLAINS (AFP) - Cristie Kerr, who won June's LPGA Championship by 12 strokes to become the first US world number one in women's golf, tries to secure her grip atop the rankings at the LPGA Safeway Classic.

The 1.5 million-dollar, 54-hole event starts Friday at Pumpkin Ridge and marks the LPGA's first event on US soil since US veteran Paula Creamer won the US Women's Open on July 11.

Kerr took over the top spot after her second career major title, the first coming at the 2007 US Women's Open, but reclaimed it this week from South Korean Shin Jiyai, who fell to third behind Kerr and Japan's Ai Miyazato.

Finishing the season atop the rankings is a major goal for Kerr.

"It's very important to me," she said. "I worked my whole life for it. I'm in a position now to do it. There's so much golf left this year that you have to be in it every week. Your bad finishes need to be in the top 10."

"For a world No. 1 for the rest of the year, it's going to probably take another couple of tournament wins. I've had

a good start to the season as far as trying to accomplish that and I've got to keep playing well."

The tight fight for the top between Kerr, Shin and Miyazato in the wake of the recent retirements of such stars as Annika Sorenstam and Lorena Ochoa gives new energy to each event on a smaller LPGA schedule.

"It's an exciting time for the LPGA because we have a number of different players that can be No. 1," Kerr said. "You have a chance to be No. 1 every week, so it's going to be exciting until the end of the year."

"I have to keep my eyes on the job at hand. I have been No. 1 and I've lost that. It's a fun challenge."

The Safeway Classic, which Kerr won in 2008, is the first LPGA event since Taiwan's fifth-ranked Yani Tseng won her third career major title at the Women's British Open three weeks ago.

"It was huge in Taiwan," Tseng said. "Lots of people were watching and I got lots of text messages from Taiwan saying it was so exciting, that after the win they were cry-

ing. It was really great."

Tseng tries to become the first winner of consecutive events since Miyazato opened this season with back-to-back triumphs. The Japanese star has won four titles this year.

Vitali Klitschko to take on Briggs in Hamburg

BERLIN (AFP) - World heavyweight champion Vitali Klitschko will defend his WBC title against US fighter Shannon Briggs on October 16 in Hamburg, it was announced on Wednesday.

The 39-year-old will be defending his title for the fifth time since beating Samuel Peter in October 2008 to regain the WBC crown, having temporarily retired in 2004.

"I'm really happy that I will finally box in Hamburg again," said Klitschko who last fought in the Hanseatic City in December 1999.

Klitschko had wanted to face Russian giant Nikolai Valuev in his 13th world title fight, but the bout fell through.

Briggs, 38, has an impressive record having won 51 fights with 45 knock-outs and suffered the last of his five defeats to Sultan Ibragimov in June 2007.

In contrast, 'Dr Ironfist' Klitschko has 38 knockouts in 40 wins and has lost just twice in his career, the last defeat coming at the hands of Lennox Lewis back in 2003.

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Anelka scornful of France ban

PARIS (AFP) - France international striker Nicolas Anelka has poured scorn on the 18-match ban he received for swearing at coach Raymond Domenech during the World Cup, saying it made him laugh.

"As far as I am concerned, this commission and all that is a joke, a sham aimed at saving face," the Chelsea player told France-Soir after learning that he would bear the brunt of the sanctions for the debacle in South Africa.

"I have already said that my international career ended on June 19 when I was expelled from (the French training camp of) Knysna."

"They are just playing to the gallery. They are real clowns these people. I'm dying with laughter."

The unprecedented sanction of an 18-match ban effectively means that the 31-year-old firebrand will not play for his country again, but any lingering doubt has been removed by his disparaging comments.

The French Football Federation's (FFF) disciplinary commission also handed out a five-match ban to World Cup captain Patrice Evra, three matches to vice-captain Franck Ribery and one match to Lyon midfielder Jeremy Toulalan.

Eric Abidal, the fifth player called before the commission -- Ribery was not

present as his club Bayern Munich refused to release him and Anelka, as expected, did not show up -- convinced the commission that he was an innocent party and was absolved.

The five players were summoned to appear before the disciplinary commission over the strike called by the World Cup squad in protest at the expulsion of Anelka following his outburst at then coach Domenech.

The incident happened at half-time in the team's second game at the World Cup finals, with France drawing 0-0 with Mexico. They went on to lose 2-0, which effectively eliminated them from the tournament.

Anelka's verbal tirade against the embattled and unpopular Domenech was subsequently splashed across the front page of sports daily L'Equipe's June 19 edition.

However Anelka, who won 69 caps for his country, disputes that he used the same words and is suing the paper for defamation.

When the news of the dressing room bust-up broke, Anelka was sent home from South Africa by the FFF, prompting a one-day strike by the remainder of the squad that saw them refuse to participate in an open training session.

France lost their final game 2-1 to South Africa to finish bottom of their group.

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Favre returns to Vikings for 20th NFL season



MINNEAPOLIS (AFP) - Brett Favre made an emotional National Football League return yesterday, the 40-year-old quarterback working out with the Minnesota Vikings and talking about a Super Bowl title.

In starting a 20th NFL season, the league's all-time passing leader ran without limping and made it clear that after two prior returns from retirement, he would not be teasing about one more comeback in 2011.

"Twenty years and I am done," Favre said. "This is the last year of my contract. It was a tough decision to come back... I will give it one more try with my head held high and regardless how it goes I will go out on top."

Favre threw for 4,202 yards and 33 touchdowns last season with only seven interceptions and guided the Vikings within a victory of the Super Bowl, losing to eventual Super Bowl champion New Orleans in the National Conference final.

The memory of that near-miss haunted Favre throughout the off-season and was the inspiration for him to return exactly one year after signing a two-year comeback contract worth 25 million dollars with the Vikings.

"As magical a year as it was, all I could think about

since New Orleans was that I was so close," Favre said. "Maybe I should give it one more try."

"You were so close and you were with these guys. Let's stay together and do it again. What we had last year was special. It's worth giving it one more try. I just felt like I owe it to this organization."

Favre had not appeared at camp and his future was uncertain until three friends and teammates - Steve Hutchinson, Jared Allen and Ryan Longwell - went to his Mississippi home on Monday night to say he was needed in camp.

That talk and the reception from other teammates when he arrived Tuesday made it clear the choice to return was the correct one.

"These guys are asking me to do them one more favor. I know exactly what that means," Favre said.

"We're in this together. If we go down, we go down swinging. If we get it, we get it together. I don't want to fail. A lot is expected of me, of this team. I take that very seriously."

Now he will again try and lift the Vikings to the Super Bowl for the first time since 1977. Minnesota made four trips to the Super Bowl in eight years but never captured the NFL crown.

"I can't make any guaran-

tees. I'm just going to do everything I can to help this football team," Favre said. "I'm not here to set any records. There's nothing else for me to prove. I'm here to have fun."

"It's really about these guys. It really is. They know I have got their back and I think they have got mine too."

The long-time Green Bay Packers star had retired only to return two seasons ago with the New York Jets. He retired again only to return with the Vikings and have one of his greatest seasons.

"I was even amazed," Favre said. "My arm felt like it was 21 last year. I was looking for that with the ankle surgery. The doctor said don't expect a dramatic difference like the shoulder."

Favre, who turns 41 in October, will be the focal point of the Vikings' season opener on September 9 at New Orleans, a rematch of last season's playoff semi-final in what will be the NFL season opener.

"Answering the bell again, the what ifs, that's what's tough. I'd love to win a Super Bowl. But what happens if you don't? That was the tough part."

Favre has started an NFL record 285 consecutive games and is likely to keep the streak going despite ankle pain.

"There's a little pain there, some scar tissue. It's just something I'm going to have to deal with," Favre said. "The only way I'm going to get the speed and reaction time down is to be in games."

"I need to get where I can do all those things you need to do with split-second timing."

Murray, Nadal, Djokovic advance in Cincinnati



Djokovic of Serbia returns a backhand to Viktor Troicki of Serbia

CINCINNATI (AFP) - Top-ranked Rafael Nadal, third-ranked Serbian Novak Djokovic and British number four Andy Murray all won on Wednesday to reach the third round of the three million-dollar ATP Cincinnati Masters.

Murray, coming off a victory in Toronto last week, beat France's Jeremy Chardy 6-3, 6-7 (3/7), 6-2, to book a third-round match against Latvian Ernests Gulbis, who outlasted Austrian Jurgen Melzer 6-7 (8/10), 6-3, 7-6 (7/5).

The Scotsman defeated Nadal and Swiss world number two Roger Federer in his last two matches in Toronto to claim his first title of the year.

Chardy fired 15 aces at Murray, who responded with eight of his own and denied the Frenchman on 3-of-4 break chances while capitalizing on 6-of-14 such opportunities to advance after two hours and nine minutes.

Nadal, the reigning Wimbledon and French Open champion, advanced with a 6-2, 7-5 victory over big-serving American Taylor Dent.

"I was waiting to have my

chances, but you are out of the rhythm from the baseline because he's not giving to you the long point, and it's difficult to have the feel of the ball," Nadal said.

"He broke me and I was a little bit lucky after that to have the break. It was a close second set but I think I had more chances than him in the second. It was closer in the second but I still think I deserved to win."

The Spaniard will next face Frenchman Julien Benneteau, who eliminated Swiss Stanislas Wawrinka 6-4, 6-2.

Nadal and the other top-eight seeds all received first-round byes at the last hardcourt tuneup event before the US Open, which starts August 30.

Djokovic defeated compatriot Viktor Troicki 6-3, 7-5, but was unhappy at how he closed out the match.

Djokovic, runner-up here the past two years, will next face Argentina's David Nalbandian, a winner two weeks ago at Washington. The South American trailed 4-5 when American John Isner retired from their match.

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Eli Manning to miss game for Giants due to head injury

NEW YORK (AFP) - New York Giants quarterback Eli Manning will miss the NFL team's pre-season game against Pittsburgh on Saturday after needing 12 stitches to seal a deep forehead gash suffered in a Monday victory.

Giants coach Tom Coughlin said Manning, who says he is fine, will be benched as a precaution because there is concern Manning might snap stitches or irritate the wound by wearing a helmet.

"I'm not going to rush things," Coughlin said.

Aruba clinches berth in Friday's semifinals



BANGOR, Maine — San Nicolas, Aruba, scored three runs in the bottom of the sixth inning to pull away to a 7-3 victory yesterday over Palm Bay, Fla., during Pool B play at the 2010 Senior League World Series.

The Latin America champions end pool play with a 3-1 record, while the U.S. Southeast champions fell to 0-3 and were eliminated from semifinal contention.

Aruba mustered just six hits off Palm Bay starter Matt Romandetti, but also capitalized on six stolen bases and three errors while stranding just one runner on base.

Aruba finally put the game away with three runs in the bottom of the sixth to extend a 4-3 lead.

Jiandido Tromp drew a lead-off walk off Romandetti before cleanup hitter Mitchell Martes sacrificed Tromp to second. Shawn Duinkerck fol-

lowed with an RBI single to center, stole second and then stole third after a two-out walk to Jose Luis Gonzalez. Duinkerck scored on a wild pitch by Palm Bay reliever Jimmy Tolle, and Richinell Matos made it 7-3 with an RBI single to center.

Palm Bay jumped out to a 2-0 lead in the top of the first against Aruba starter Abraham Taveras. Andrew Gouzman led off by singling up the middle on an 0-2 pitch and scored when Tolle hit a one-out double to the left-center field gap.

Tolle then scored when cleanup hitter Matt Rose pulled a double down the left-field line.

Romandetti retired the first six batters he faced until Gonzalez led off the Aruba third with a walk. Taveras sacrificed Gonzalez all the way to third base, and after Ray-Patrick Diddy reached

on a bunt single Gonzalez scored on an errant throw as Diddy was stealing second to cut the gap to 2-1.

Aruba used two Palm Bay errors, an RBI triple to right by Tromp and an RBI single by Juan Carlos Moncion for a three-run rally to take a 4-2 lead in the bottom of the fourth.

Palm Bay closed to within 4-3 with an unearned run after two were out in the top of the fifth.

Romandetti then regrouped, striking out the side in the bottom of the inning, but the Palm Beach offense couldn't capitalize.

Rose drew a one-out walk in the sixth and went to second when shortstop Ray-Patrick Diddy charged a chopper by Romandetti and made the play at first. Diddy then ranged into the shortstop hole to take a hit away from Cameron Howard to end the inning.



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Braves land Lee from Cubs to bolster playoff bid

ATLANTA, August 18, 2010 (AFP) - Derrek Lee, a first baseman seen as a possible offensive spark, was obtained by the Atlanta Braves in a Major League Baseball trade with the Chicago Cubs on Wednesday.

The Braves, at 70-49, lead the National League East division by 2 1/2 games over the two-time defending league champion Philadelphia Phillies but lost standout infielder Chipper Jones to a season-ending knee injury.

Lee, nagged by back pain

in the last year of a five-season deal worth 65 million dollars, is batting .251 with 16 home runs and 56 runs batted in for the Cubs, who received three minor-league players.

Lee is not expected to join Atlanta until the team arrives in Chicago to start a three-game series against the Cubs on Friday.

Troy Glaus, the Braves' current first baseman, is hitting only .175 with two homers.

USA to host Poland in October friendly

CHICAGO (AFP) - The United States will play host to Poland on October 9 at Chicago in an international football friendly as the European side prepares for its co-hosting of the 2012 European Championships.

The Americans are 7-7 with two drawn against Poland in a rivalry dating back to 1924, with their last clash a 3-0 triumph in 2008 at Krakow. The Poles, 4-2 with a draw on US soil, drew 1-1 in their last US match in 2004.

Poland, who are co-hosting Euro 2012 with Ukraine, figures to draw strong support from a large Polish com-

munity in the "Windy City" of the American Midwest.

"These fixture dates are a fantastic opportunity to have the group together for an extended period and then put the work to the test with a difficult match," US coach Bob Bradley said.

"We know this is an important opportunity for Poland as they prepare for the 2012 European Championship, so we expect a challenging game."

The match will come during a busy late-season weekend for Major League Soccer as well as being well into the start of the European campaigns.

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